Healthy Southington

Special Procedures Unit: Expertise and convenience

From an endoscopy that shows highly detailed images of the upper digestive system to a cardiac screening tool that can detect heart abnormalities, the Special Procedures Unit at The Hospital of Central Connecticut Bradley Memorial campus offers local residents an array of outpatient diagnostic procedures and treatments close to home.

Nearly 2,000 procedures were performed at the center last year, with colonoscopy for colorectal cancer screening as well as endoscopy the most common, says Kyle Hunchak, RN, MSN, CNOR, Central Regional manager of Digestive Health.

Among physician specialists at the unit are gastroenterologists, colorectal surgeons, orthopedic surgeons, pulmonologists and cardiologists. Staff includes registered nurses, an endoscopy technician and secretary.

Colorectal surgeon Dr. Christina Czyrko says the newly renovated unit offers much for the Southington community in terms of services, skilled nursing and anesthesia staff and unit design that includes private pre- and post-op patient rooms.

Czyrko adds its state-of-the-art high definition technology used for endoscopies is especially important for any patient with a past history of polyps or at risk for colon cancer.

The unit, open 7 a.m. to 3 p.m. Monday through Friday, also offers minor elective surgery; bronchoscopy screening used to visualize lungs; cardiology procedures including cardioversion for arrhythmias (irregular heart rhythms) and transesophageal echocardiography to check for heart abnormalities; medication tube placement and IV infusions for antibiotics, vitamins, iron and blood products.

Patients receive a call from a staff registered nurse before their procedures reminding them of arrival time and collecting medical information. They also get a follow-up call from staff after procedures to see how they are feeling and address possible concerns.

Patients requiring multiple treatments typically come back because of the staff, Hunchak says. “They are what makes Bradley’s Special Procedures Unit one of a kind.”

The Special Procedures Unit can be reached at 860-276-5180.

Special Procedures Unit staff members include (standing from left) Susan Palasciano, RN; Donna Freyre, RN, BSN; and Diane Martin, RN; and (seated, from left) Donna Connolly, RN; and Nancy Crampton, RN, BSN.
Healthy Family FunFest 2015

Fun, health education and quality family time were plentiful at this year’s free Health Family FunFest held Sunday, Feb. 22 at the Aqua Turf Club in Plantsville. About 3,500 attended this year’s event presented by Central Connecticut Senior Health Services, the Southington-Cheshire Community YMCA and The Hospital of Central Connecticut at Bradley Memorial. Main sponsors included Health New England, Bradley H. Barnes & Leila U. Barnes Memorial Trust at Main Street Community Foundation, Bristol Press, Connecticut Prime Time and New Britain Herald.

Sunday, Feb. 22 at the Aqua Turf Club in Plantsville.

Good Health FunFest

Many new health-related books are lining the shelves of Southington Library. Among the library’s many health collections purchased through a $2,500 sponsorship by The Hospital of Central Connecticut Bradley Memorial campus are these books listed below. For a complete list, please visit bradleyfuture.org.

• The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases by May Myers, MD
• The Diabetes Solution: How to Control Type 2 Diabetes and Reverse Prediabetes Using Simple Diet and Lifestyle Changes — with 100 Recipes by Jorges Rodriguez, MD
• The Fatigue Solution: Increase Your Energy in Eight Easy Steps — with 100 Recipes by Eva Cwynar, MD
• Reverse Prediabetes Using Simple Diet and Lifestyle Changes

Panel discussion in Southington

Substance Abuse Across the Lifespan presentation April 15

The Hartford HealthCare Behavioral Health Network will present a program called “Substance Abuse Across the Lifespan” on Wednesday, April 15, at the Southington Municipal Building, 200 North Main St., Southington.

The free event, to be held 6:30 to 8 p.m., is open to the public and will feature panel presentations focusing on mental health and the impact of substance abuse at various stages of life. This event is part of Hartford HealthCare’s National Dialogue on Mental Health Series.

Panelists will include a young adult in recovery, psychiatrist Dr. Craig Allen, medical director of Rushford, part of the HHC Behavioral Health Network, who will address substance abuse in teens and young adults; social worker Linda McEwen, LCSW, to discuss addictions that begin later in life, and a representative of Southington Public Schools. Attendees will have the opportunity to ask questions.

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• What to Expect When Your Wife Is Expanding: A Reassuring Month-by-Month Guide for the Father-to-Be, Whether He Wants Advice or Not by Thomas Hill
• Yoga for Cancer: A Guide to Managing Side Effects, Boosting Immunity, and Improving Recovery for Cancer Survivors by Tari Prinsen

Directions:

Preheat oven to 350 degrees. Freecut of one orange and add to orange juice. Combine and mix flour, salt and pepper. Dredge chicken pieces in mixture. Place chicken in a 9x13 inch baking dish. Thily slice the other orange and top chicken with slices. Combine brown sugar, orange juice mixture, margarine, mustard and allspice. Stir and mix to make a glaze. Pour over chicken pieces and orange slices. Bake for about 30 minutes.

Per 3-ounce serving: 190 calories, 4 grams total fat, 1 gram saturated fat, 96 milligrams cholesterol, 140 milligrams cholesterol, 17 grams carbohydrate, 21 grams protein.

Spiced chicken and oranges

Recipe provided by Mark S. Garavel, MS, RD, manager, Food and Nutrition, The Hospital of Central Connecticut

Ingredients:

6 Servings

1.5 pounds boneless skinless chicken breasts cut into equal portions
2 fresh oranges
4 ounces of orange juice
1 tablespoon brown sugar
½ teaspoon dry mustard powder
1 pinch allspice
1 pinch each of salt and pepper
2 tablespoons all-purpose flour
6 parsley sprigs

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2. Combine and mix flour, salt and pepper. Dredge chicken pieces in mixture. Place chicken in a 9x13 inch baking dish.
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- The New Health Rules: Simple Changes to Achieve Whole-Body Wellness by Frank Lipman, MD
- The Spectrum of Inflammatory Symptoms and Diseases by Jennifer Adler
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“Substance abuse is a multi-generational disease affecting children, parents and grandparents,” says Allen. “There are biologic, environmental and social contributors that can begin before birth and continue throughout the lifespan. Therefore prevention, early screening and intervention and appropriate referral to treatment are critical.”

Rushford, with facilities in Middletown, Meriden, Glastonbury, Durham and Portland, provides inpatient and outpatient substance abuse and mental health services to thousands of children, adolescents, adults and families each year. Since 1975, Rushford has been offering proven, individualized and compassionate care to its clients throughout Connecticut and beyond.

Event registration is encouraged but not required; to register, please call 1-800-321-6244. To learn more about Rushford, visit www.rushford.org.
In the news

Show proceeds to benefit hospital's efforts for a Healthy Southington. Radio station Country 92.5 and iHeart radio recently presented a $3,000 check to The Hospital of Central Connecticut. The check reflects proceeds from the station's Unwrapped & Unplugged Dec. 16 holiday show at Cadillac Ranch Restaurant in Southington that featured musical artists Dustin Lynch and Jackie Lee. HOCC's Bradley Memorial campus teamed up with Country 92.5 for the show and event proceeds will support Bradley Memorial's efforts for a Healthy Southington. Pictured are (from left) Cory Myers, Renee DiNino and Lucille Janatka, Central Region president. Myers is on-air personality for Country 92.5, and Renee DiNino is Community Affairs director and on-air personality for The River 105.9, both are with iHeart Media Hartford.

Nuclear medicine offered. Among the many radiology services offered at The Hospital of Central Connecticut's Bradley Memorial campus is nuclear medicine. Common tests include cardiac stress testing, bone, HIDA, thyroid and lung V/Q scans. For more information, please call 860-276-5382.

March is Colorectal Cancer Awareness Month

- Colorectal cancer is the second leading cause of death from cancer
- Screenings, starting at age 50, can help to prevent cancer
- Risk of colorectal cancer increases with age and is greater after age 50
- Risk factors include family history, inflammatory bowel disease
- Screenings include fecal immunochemical test, sigmoidoscopy, colonoscopy

Source: Centers for Disease Control and Prevention